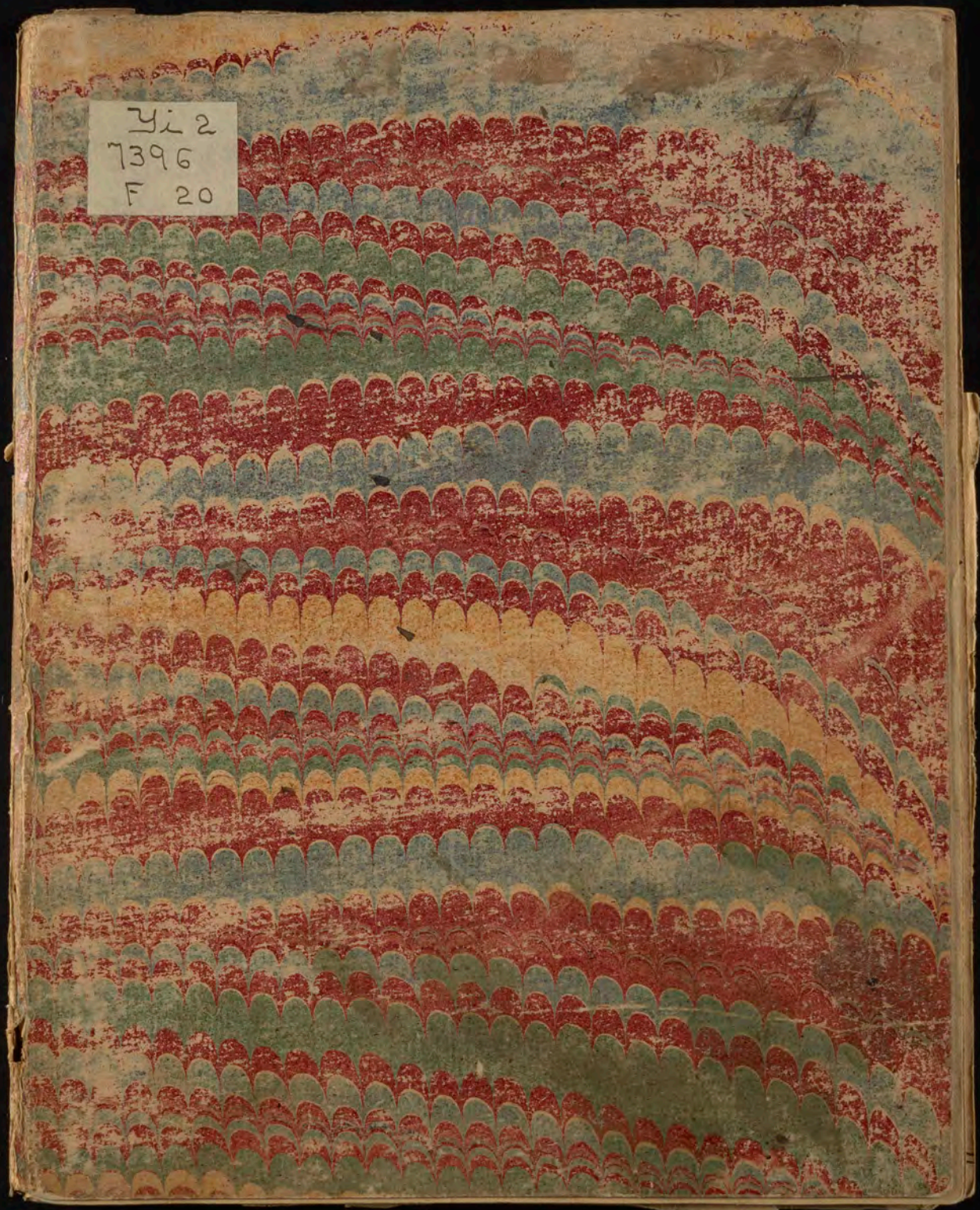
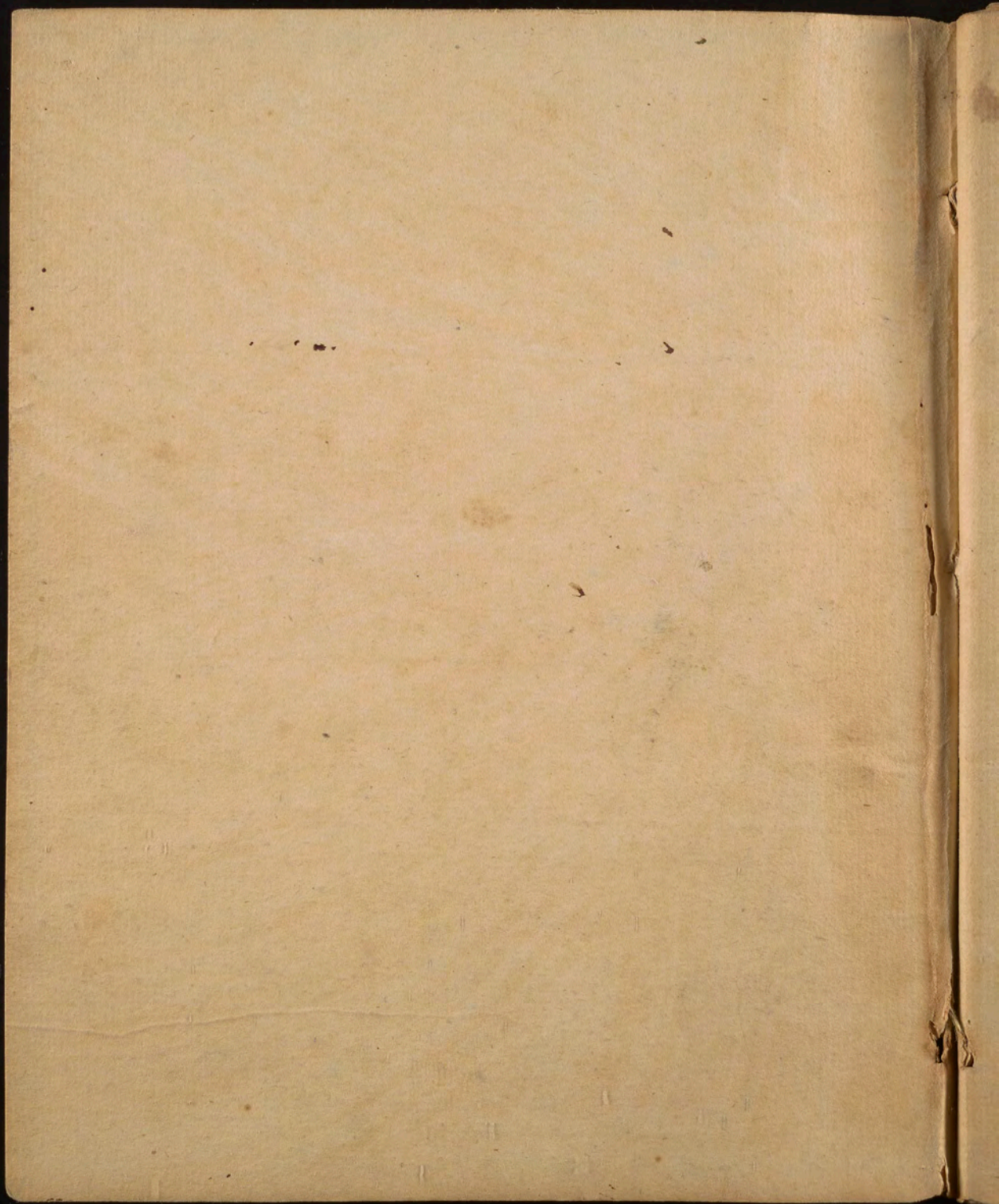


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Situations con ^d to	139
Change of D ^o	139
Darkness ———	140
Round Heavenly bodies	143
upon Specific Contagions	143
Aliments ———	158
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Land animals	173
veg: Aliment	177.

✓ Most of the cities in Europe
have been rendered healthy by
the same means, or by a strict
regard to cleanliness — and not by

with 136

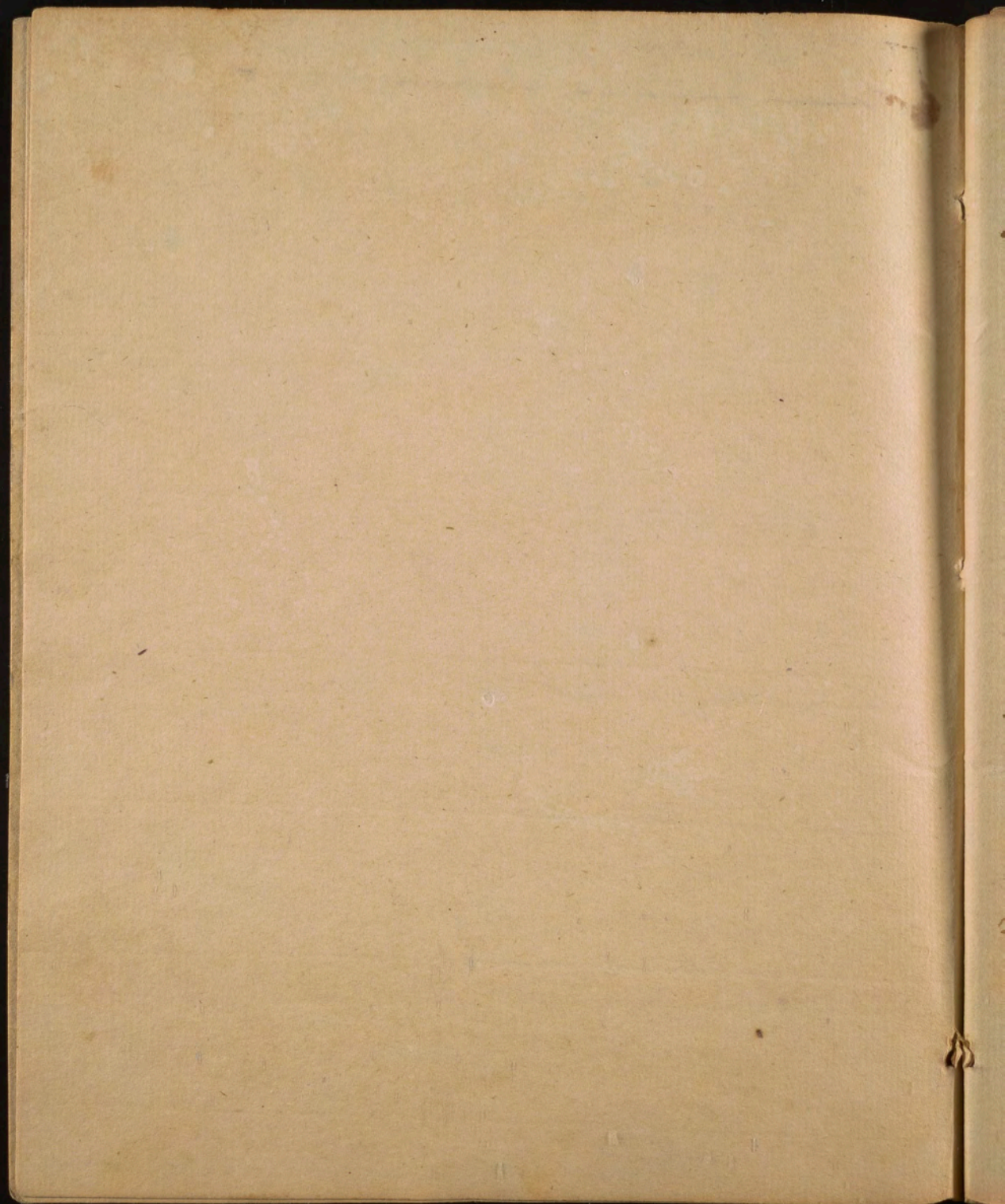
more or less connected the different situations
~~Island near to River~~

contained in Dr Daignan's table. The
Town of Guaimari in South America,
was once very richly from its vicinity
to some marshy ground. It is now
healthy - in consequence of the draining
or cultivation of that marsh. V

I am disposed to call in question the
accuracy and truth of some of Dr D:
Observations - but upon a subject so
difficult, perfection was not to be ex-
pected.

He is ~~not~~ you see. he agrees with
me, ~~in~~ ^{the} in ascribing more health to
Northern than middle latitudes.

He is right in placing the greatest
portion of Life in mountainous coun-
tries. Here is no exhalation, and a
constant supply of pure air. ~~from~~

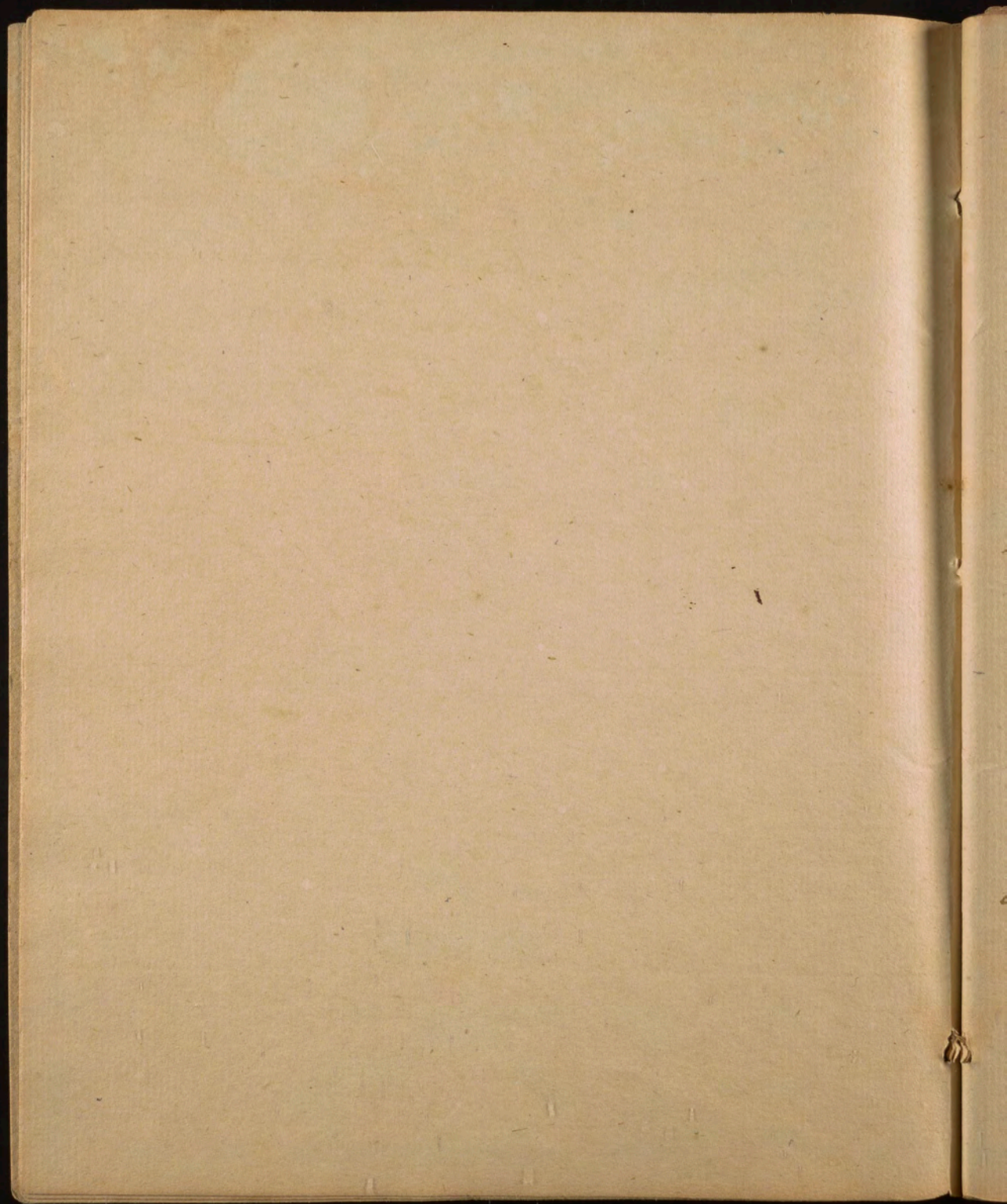


The chance of human life is justly rated very low [26 - 28 - & 21 - 23] in mines & quarries. — The air here is always damp, and frequently mixed with inflamm. and mephitic airs.

Islands [24. 26 - & 22 - 25] are unhealthy from being surrounded with water, they are subject to hurricanes — and ~~and some times~~ inundations which often leave matters behind them w^h produce morbid exhalations. —

Flat countries [27 - 29 - & 30 - 32] are unhealthy from the disposition with rains have to stagnate, and to produce morbid exhalations.

I object to the unhealthiness of moist countries [21 - 22 23 - 24] especially in middle latitudes where no effluvia



are combined with the moisture. Where
shall we find healthier countries than
Great Britain & Ireland?

It is true the Sea Coast is unhealthy
to persons who labour under inflamm^s.
complaints — But I can think Dr D:
has placed its medium of ^{life} health too
low [25 - 26 - 25 - 26] — The shortness
of life here should be ascribed to the
indolence - and intemperance to
which men are tempted ^{who} to acquire
their subsistence without labor by
fishing or hunting, and not to the
unwholesomeness of the Air. I have
seldom seen a farmer thrive near
the seashore or near a river. The
~~Amass~~ water in these cases ~~never~~
~~kind that his land~~ affords him

W. An elevated Situation 39-41-83, 32,
is often healthy in the ^{vicinity} ~~vicinity~~ of the most
richly country. A gentleman ~~an~~ with
his house on an ^{in a high health} eminence will often
point at his richly neighbours' ^{lengths} houses
all around & below him. parts of
cities are healthy or unhealthy accor-
ding as they are more elevated. ~~that~~
~~North end of the~~ Lut: 5th 1792. Feb: 17th

W. I come now to say a few words
of the effects of a change of situation
in producing diseases. —

1 ~~Old people~~ Persons who migrate
from one country to another freq:
contract fevers by it — especially when

such 139

so much food & amusements in
procuring it, that his land-house
and every thing belonging to him
soon ^{exhibit} ~~show~~ marks of negligence
& finally of poverty and ruin. v

I can say nothing of any
of the other alterations mentioned
by D.D. from my own observations. (10)

o Light and Darkness are so nearly con-
-nected with the air that it will be in-
-proper to pass over them as remote causes
of diseases. I have known two cases
of a head ache coming on th the rising
& going ^{off} with the letting sun. The glare
of light produced by a bed of snow on
the ground in Feb^r & March when the
days become long, often produces
inflammⁿ of the eyes. I once saw it

they pass from a cold to a hot climate.

Europeans who arrive in the middle states in the autumn are most subject to these fevers. But it is remarkable that they frequently escape it the first, & are affected by it the 2nd year after their arrival. It is called a Seasoning,

2 Persons who leave a friendly neighborhood exposed to malarious miasmas in the country, & remove into a city are sometimes attacked & insured. afterwards with a fever which they would ^{probably} have escaped had they remained in the country. ^{It arises from} It is difficult ^{very} to account for this - until we are more acquainted with the products of a mixture of air.

✓ Old people who remove from a

#9 Contagions also misorder: affect by the animals as well as by human beings
- mostly common. Significant affected

be done by, calling in again the
different operation of the sensible
Qualities of the Air. I have observed
them to be ^{universally} mild in some seasons, &
in all seasons to affect different con-
stitutions ~~in~~ ^{with} different degrees of
violence. - ~~It is~~ ^{owing probably to more or less} in this respect
they resemble the Art of perpetuating
fairs & events by imitation, - for while
some of them leave an impression
on the ~~strong~~ Constitution - strong &
deep as mosaic work - Others - ~~as~~ may
be compared from the paleness of their
impression to a picture drawn in water
colors. ~~Contagions affect persons of one~~
~~country & not of another.~~
~~Contagions often affect persons of~~
~~one color only - as whites & not~~
~~Indians in Florida in ^{the} yellow fever &~~
~~Indians & not whites at Martha's Vineyard.~~

V It has been said ^{or very justly} that many of
the evils of this life, are blessings in
Disguise. It is equally just, that
many of the blessings of this life
are evils in disguise. This remark
applies in a peculiar manner to
Aliments & Drinks. We shall
therefore proceed in the 6th of our
Syllabus to inquire into the diseases
produced by them. = This

~~We come now to inquire into the influence of Aliments & Drinks in inducing diseases~~ = This is an important

part of pathology - for ^{this} the mouth & feet ^{a greater proportion of} ~~more of our~~ ^{are} diseases ^{of the} ~~are~~ ^{are} into the body than in any other way.

Of Aliments & Drinks

Aliments act by this quantity and quality in inducing diseases. I shall

begin with the first viz: Quantity and except in the

~~The~~ ^{By} quantity of Aliment acts 1 By its influence in distending the stomach, and 2 by ^{excessive} the quantity of nourishment, ~~or matter~~ ^{or matter} it throws into the system.

The Stomach when frequently distended with too much Aliment loses its tone, and becomes dyspeptic; this disease

IV. ~~Excess~~, and now and then to ~~Leanness~~. of its effects in producing the latter, I have seen several instances. The digestion in this case is morbidly rapid, and the aliment passes with premature celebration out of the system. ~~Pharaoh's lean kine~~. ~~Gen. 41. 21.~~

death from apoplexy of which there are any instances. The first ^{fit} of ~~the~~ the famous Baron Svidenburgh was immediately after eating a hearty dinner in London.

3 But we sometimes see immense loads of aliment pass out of the stomach without inducing any disease unless premature leanness may be called a disease. This arises from a morbid activity in the gastric juice which disposes it to the food in with such rapidity as to render it unfit to nourish the body. I have seen several cases of this kind. The aliment passes out of the body in copious discharges by the bowels, ~~for~~ kidneys &c. The more such persons eat the more lean ~~and~~ they become, thereby resembling Pharaoh's Cattle which were lean and ill favoured after devouring all his fat Cattle.

involves the whole System in its weak-
 -ness, and finally contaminates all the
 fluids of the body. It does most
 mischief when it is succeeded by labor or
 exercise. It frequently lays the founda-
 -tion of two vile practices viz: Drin-
 -king and Smoking. - Wine & Spirits
 by their stimulus overcome the ^{weakness} ~~indolence~~
^{Depression} ~~debility~~ produced by the stimulus of dis-
 -tention, and thus give ^{some} relief. The Smoke
 of Tobacco & Snuff act in the same way.
 2 Too much nourishment thrown into
 the System disposes to all the diseases of Ple-
 -thora, particularly to ^{Obesity} palsy - apoplexy -
~~stroke~~ ^{and} hemorrhages & Dropsies. ~~etc~~ The effects
 of an excessive quantity of ~~too~~ nutritious
 Aliment taken into the System will
 be varied by the degrees of indolence or

6 Jail fever

7 Cynanche
mal. & Scarl:

8 Intermitte^d fever

III. Mortality

1 Plague 4 out of 5 in London in 1665

~~1 Yellow fever 1 in 4 in West Indies~~

2 Cynanche maligna —

3 Small pox in the natural way.

4 Measles

5 Cynanche Scarlatina

6 Jail fever — 1 in 100 —

7 Yellow fever 1 in 4 in Jamaica —

Blane - Jackson &c all say a most
mortal disease. By purging & V^s in
the beginning 1 - in 120 - afterwards
1 - in 20 - By the other practice all in
Dr Pennington & Dr Johnson's practice & half
in my own before I & V^s & in Dr Wise's prac-
-tice.

8 Influenza

9 common Bilious fever

10 Intermitting D^r

exercise which cured it. men who labor suffer less from eating too much than those who lead idle or sedentary lives. — *we turn back*

Diseases ~~are said to be~~ ^{are} ~~not~~ ^{are} ~~caused~~ ^{are} ~~by~~ ^{are} eating too small a quantity of aliment. It may be so, — but I believe they are ^{except among slaves} as uncommon ^{as} diseases ~~from~~ ^{from} too ~~was~~ ^{are} ~~seen~~ ^{are} ~~appeared~~ ^{are} in the Spring & Autumn. It will be difficult to determine what quantity of food is too little to preserve health — till we settle the quantity necessary to support animal life. This must be different in different ages — different countries — different seasons, & in different constitutions. I said formerly that too ~~big~~ ^{big} were required for a healthy laborer — ~~consisting of meats & drinks~~ — but from

✓ ~~of vegetables~~ ^{vegetables} But the Quantity should
be regulated by the ^{Quality} ~~Quantity~~. ^{Let} ~~We~~
meat than bread is necessary to support
life, and let bread than vegetables of
a let nourishing nature - and let ^{farina} fruit
than roots than ripe fruits. Chardin
tells us that a persian will often eat
in one day 35 pounds of the water melon.

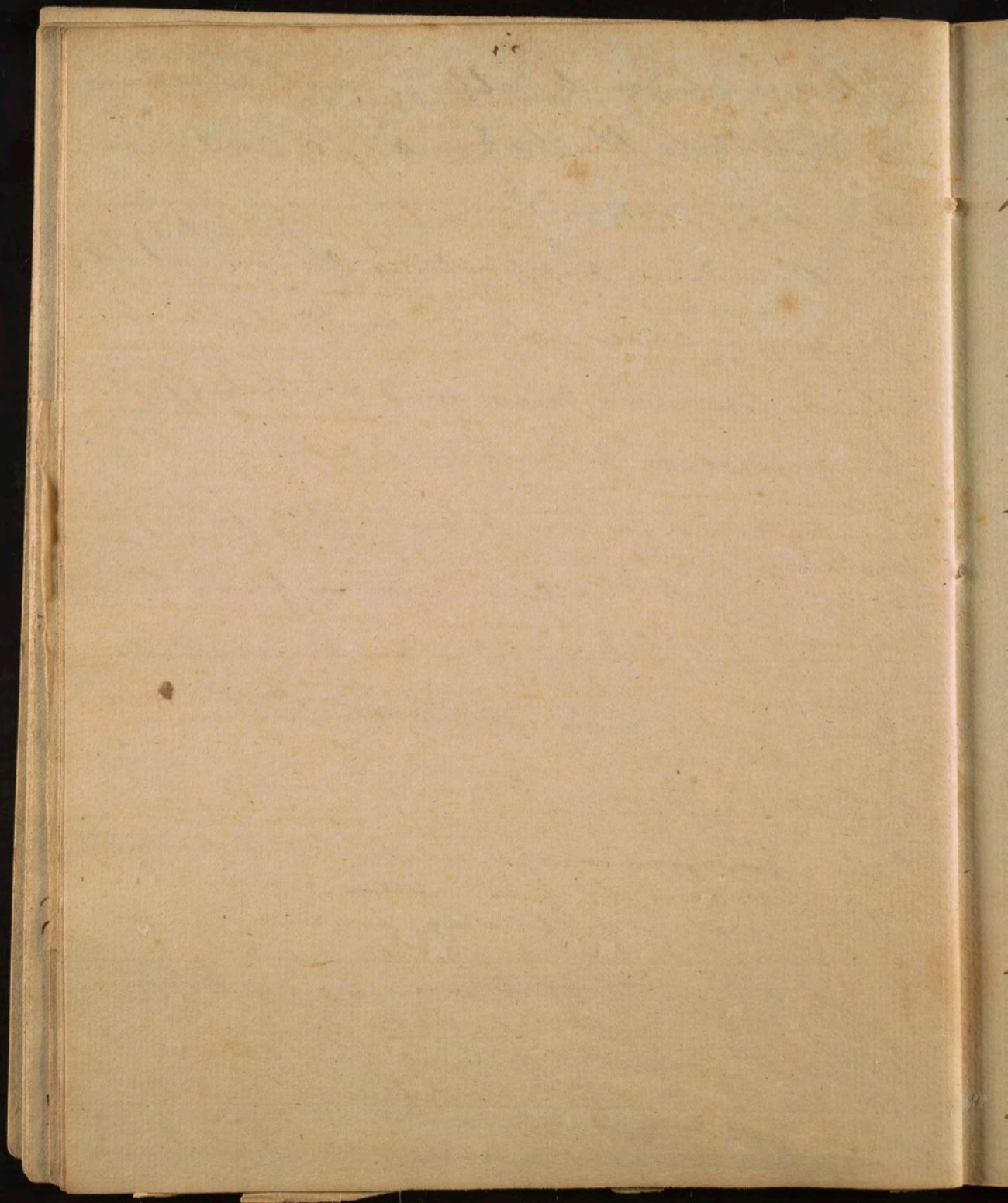
161
four to six pounds ^{of common food} are ^{enough} for men
who do not labour. ✓ Dr Haller has given
a list of a great number of persons
who have lived upon a few ounces of
Aliment for many days - weeks. &
even years, - and he has added many
remarkable instances of persons who
have lived days - weeks & months ^{the} without
a particle of Aliment of any kind. But
this ~~defect~~ deficiency of Aliment was the
effect of a want of appetite produced by
a disease. Now a disease is generally
attended with a preternatural ^{action, from} stimulus,
which supplies the place of Aliment
used in the stomach. This is evidently
the case in ^{some} a fever. ^{From this} ~~The use of Aliments~~
it would appear that the Use of

For persons accustomed to live upon a definite quantity of Aliment, the least increase or diminution of it ^{of the} induces Disease.

& Lewis ~~former~~ lived 60 years upon $\frac{3}{4}$ ij of food & $\frac{3}{4}$ ij of Drink daily. — By adding $\frac{3}{4}$ ij to his food, & $\frac{3}{4}$ ij to his drinks he lost both his health & good temper, nor did he recover them till he returned to his former habits of living.

+ This has been proved by Redi. Those Animals that drank water, without food lived longer than those that ab-
-stained from both food & drink.

Aliment in Adults is not ~~so much~~
 to nourish the body, as to act in
 various ways in the manner formerly
 mentioned in supporting ^{by its stimulus.} Animal life.
 In some ^{morbid} cases related by Dr Haller in
 which life was preserved without food
 for weeks or months, it appears that
 water was taken plentifully which
 probably washed out the acrimony from the
 fluids as fast as it was generated.
 Where water was not drunk ^{in the Dr.}
 supposed it was absorbed from the
 Air - ^{in confirmation} ~~for~~ of which he relates
 the case of a girl who discharged from
 4 to 6 pounds of Urine every day,
 Altho she drank during the day only
 six Ounces of Water. V
 Water not inert, it has some nourishment. +



The diseases from a deficiency in the quantity of Aliment appear chiefly in three classes of people. 1 Children

2 Slaves, and 3 in certain persons under ^{religion}.

The influence of false opinions in Children while they

1 Children often suffer during ^{the time} ~~of this~~ ^{are on the} ~~being~~ breast from a want of

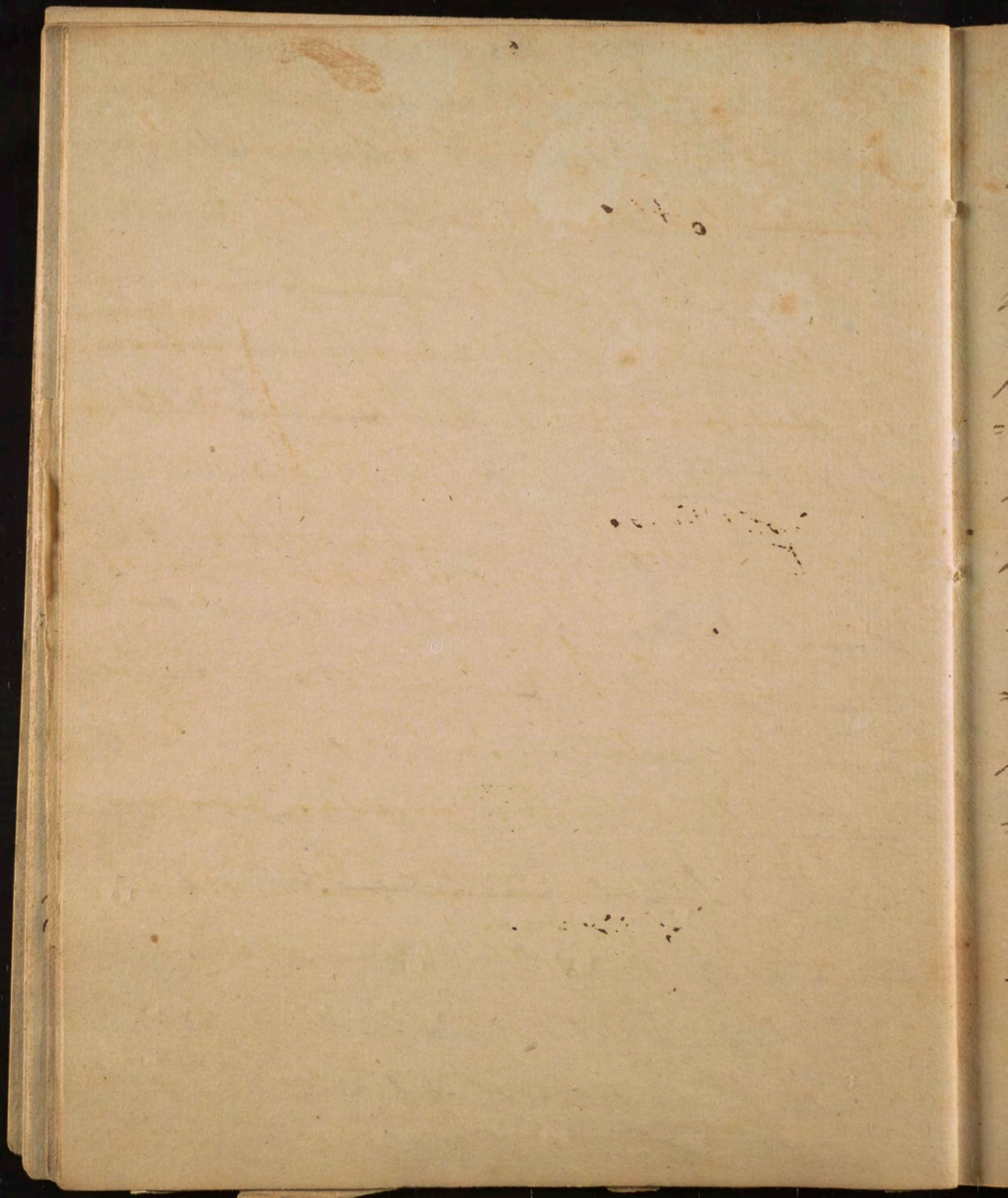
sufficient quantity of milk. The diseases bro't on from this cause are

Dysentery - Colic - Hemorrhage - and Dropsical swellings. — But children suffer

beyond this period of life ~~from~~ at ~~colleges~~ boarding schools ~~and colleges~~ from a defi-

ciency of nourishing Aliment. The

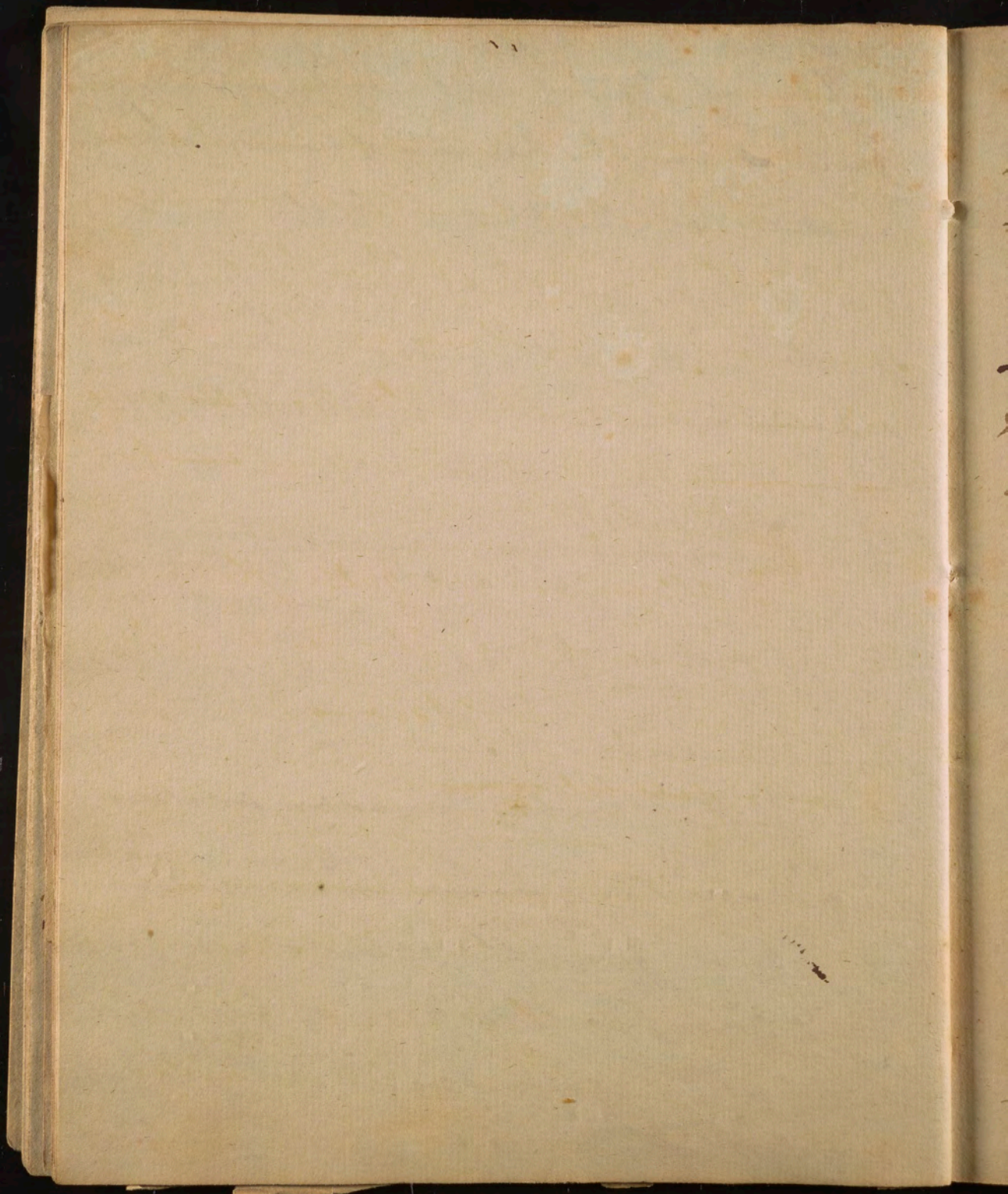
late Mr. Wootley used to ascribe his small stature, and delicate health wholly to his being starved when



a boy at School. I have heard many facts of in the history of boarding schools which both in Britain & this country, that satisfy me that many young people contract the seeds of many diseases of debility from being deprived of a sufficient quantity of Aliment in institutions.

those unnecessary receptacles of fraud & tyranny. = where more vice is engendered (bad health) I believe added to the production of disease among both sexes than in the same number of Sails in any Country in the World. ~~boarded on ships~~

2 Slaves often contract the predisposing causes of diseases of debility from the want of a sufficient quantity of food, or of food of a quality proportioned to the labor exacted from them. Hence the



frequency of Stomach complaints among
 them - of the weakness of the ven: apper-
 ite - of their unfruitful marriages -
 and of the shortness of their lives. [I
 speak only of the Slaves in the West
 Indies. In the Southern States of America,
 I have ~~heard~~ heard of no diseases ~~are~~ from
 a defect of Aliment.]
 [that ~~generates~~ -]

The Allowance of a galley slave is
 thirty Ounces of veg: Aliment - viz
 26 of bread, and 4 of Beans. -

~~3 men of all religions~~

I am disposed to ascribe the
 debility of the bodies and minds of the
 inhabitants of Turkey & China in a
 great degree to their scanty Aliment.
 - what Strength can be expected
 from a man's eating only 36 of

v The monks often reduce themselves
by low diet. This reduced size is called
"minutio monachi".

Dates - Olives - or Butter with in a day.
 & this is the diet of the Slaves of the
 Syria in the Turkish empire, or ^{by} of
 Rice, & this is the daily Sustenance of a Chinese peasant.
 3 Abstinence from the usual Quantity
 of food Appears to have been a part of
 all the religions in the world, but it
 has often been carried to such an ex-
 cess, by the weak and superstitious of
 all religions as to produce diseases. V

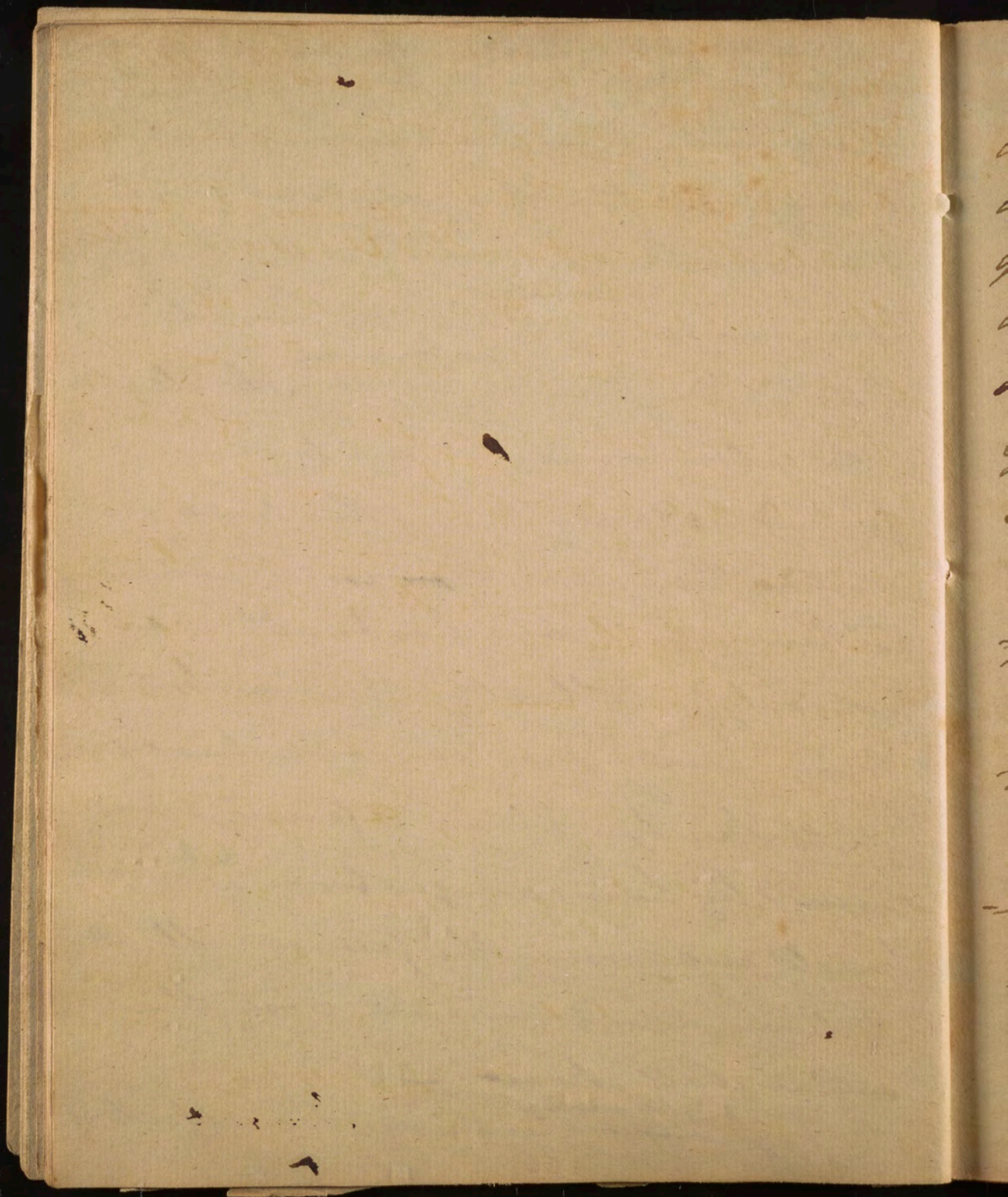
From speaking of the diseases bro't
 on by too small a Quantity of Aliment,
 we are led to speak of the morbid effects
 of Hunger on the body

It accumulates the excret^{ions} of the system.
 It excites great pain in the stomach,
 and ~~disposes bile to flow into it,~~ & It
 disturbs the gall bladder wth bile some-
 times bile is effused in great Quantities

+ Procyonius de bella Goth: of the Lus.
-Lans.

is absorbed & diffused ^{the} skin +
into the stomach - it banishes sleep -
the mouth becomes excoriated - ^{the} all
urine, & all the other excretions even
the milk become acid - the breath
becomes fetid ^{& irritating.}

Of this Dr. Traubner
used to tell a story of his day. ^{the famous} He attempt-
ed a conformity to our Saviour in
fasting 40 days. During this time he
visited the Doctor. ~~It is~~ in conversing
wth him, the Dr says his breath was
not only intolerably offensive, but y:
its acrimony drew tears from his eyes.
- All these symptoms of famine are
succeeded by hemorrhages from y^e stomach,
bowels and nose - the jaws swell &
Delirium and mania close the
melancholly scene -
I ^{formerly} ~~before~~ mentioned the effects of



extreme hunger. It is astonishing to
 observe what changes it induces in the
 appetite prompting persons to devour
 greedily the most putrid & indigestible
 Aliments. Cressel in his Acc^t of the
 Shipwreck on an Island near $\frac{1}{2}$ mouth
 of the river St Lawrence speaks of a broth
 made of a pair of ^{Leather} buckets boiled in
 water. But what was this meal com-
 pared with ^{men devouring themselves} the women devouring their
 own children ~~men~~ when impelled by
 the extremes of hunger?

It is remarkable that hunger en-
 creases the strength of some animals,
 particularly the lion. This animal
 eats 40 of flesh a day, and is uneasy
 when deprived of it. Small degrees of
 hunger I believe produce ^{strength &} exertion

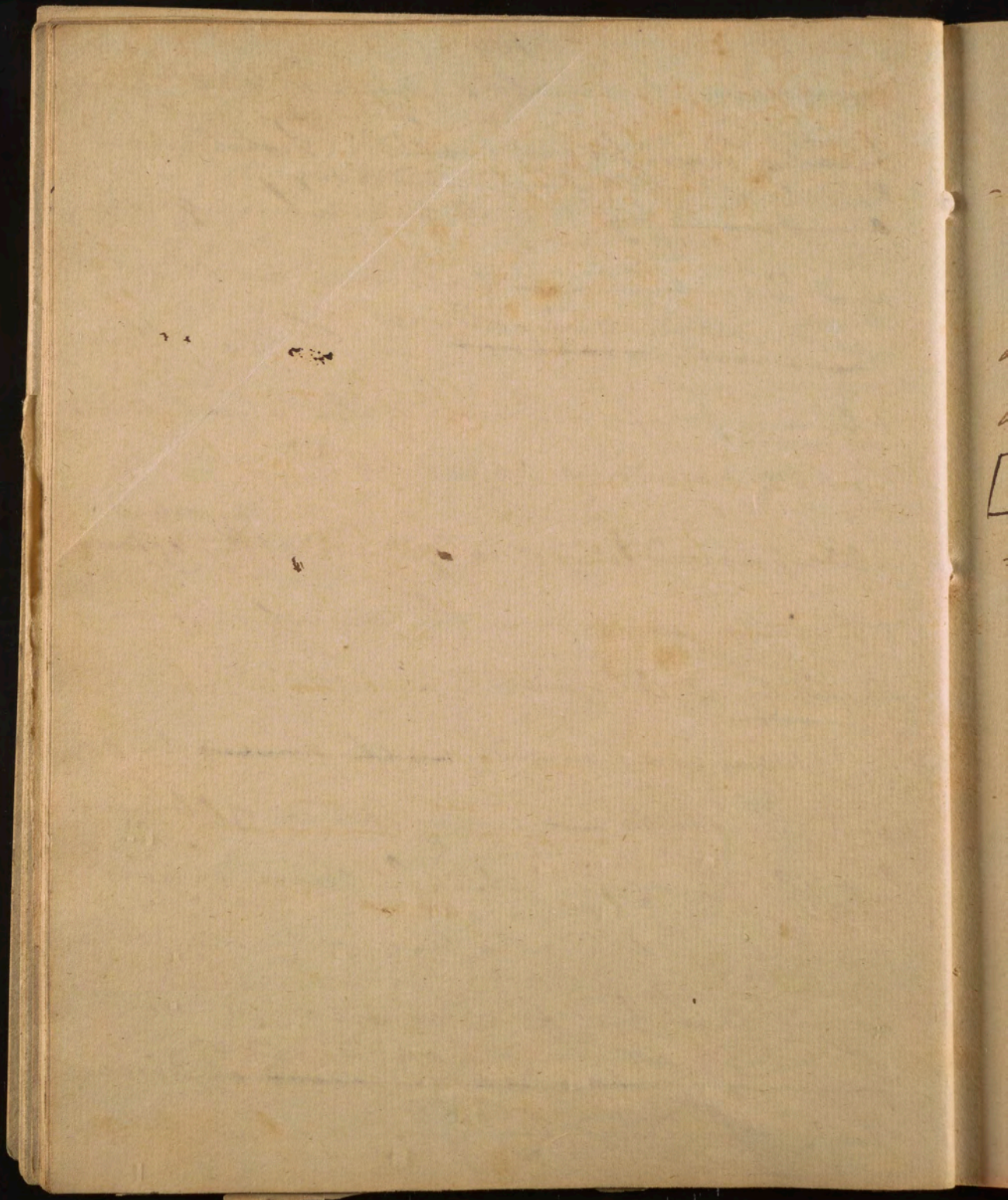
hunger

✓ How shall we account for this
proportioning this strength & exertion? stimulus of
~~food~~ - I answer by the desire of food
& of life which is connected with it,
acting upon the accumulated excita-
-bility of the system. The effects of ~~fasting~~^{by}
upon devotion may be explained ~~upon~~
the same principle. ~~It concerns the vigor of activity~~
of all the faculties of the mind. ~~So~~ I shall hereafter
apply this principle in a more extensive
manner in explaining certain operations
of the mind.

in men. hence the saying that "Hunger
breaks down stone walls". Scotchmen
the Duke of Marlborough used to say
~~are said to fight best when hungry~~ -
and Dampier ~~say~~ informs us that
in recruiting soldiers
~~the most voracious~~ in Turkey, they
always prefer men of the most acute
and voracious appetites. ✓

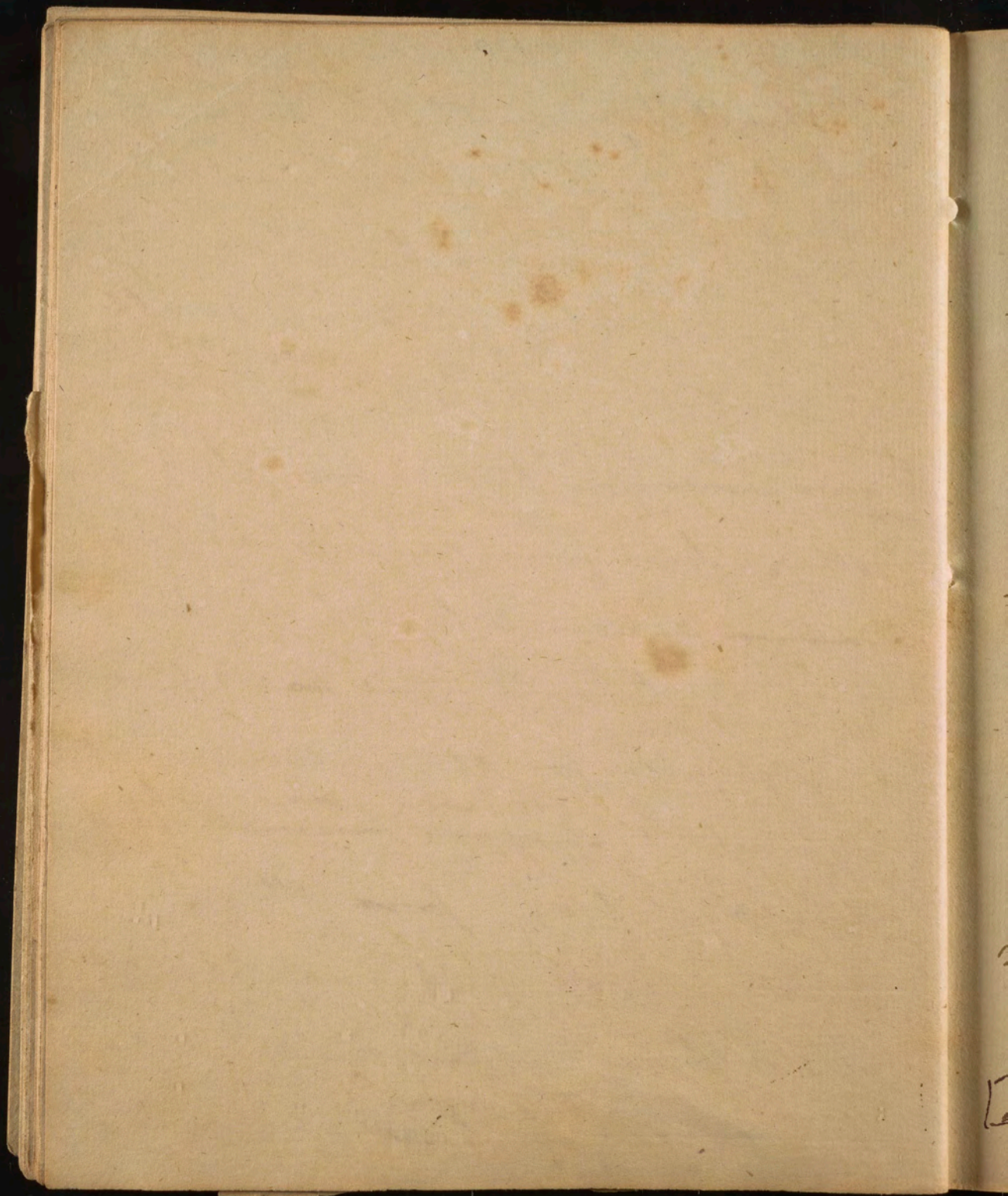
We should next to ^{morbid} ~~examine~~ of the effects
which arise from the unwholesome
Quality of Aliments.

Man was made ~~with power~~ to ac-
commodate to ~~his~~ every Species of Aliment,
but the cases in which men enjoy
perfect health who live only on one
Species are but few compared with
~~those which are upon record of disease~~
the cases which are on record of disease
being produced by it.



I shall begin with the diseases pro-
 -duced by animal food. — and
 as fish appears to have been the
 first animal food of man I shall
 first mention its effects ^{upon} ~~of~~ ^{90 to p 172 =} ~~the~~ body.

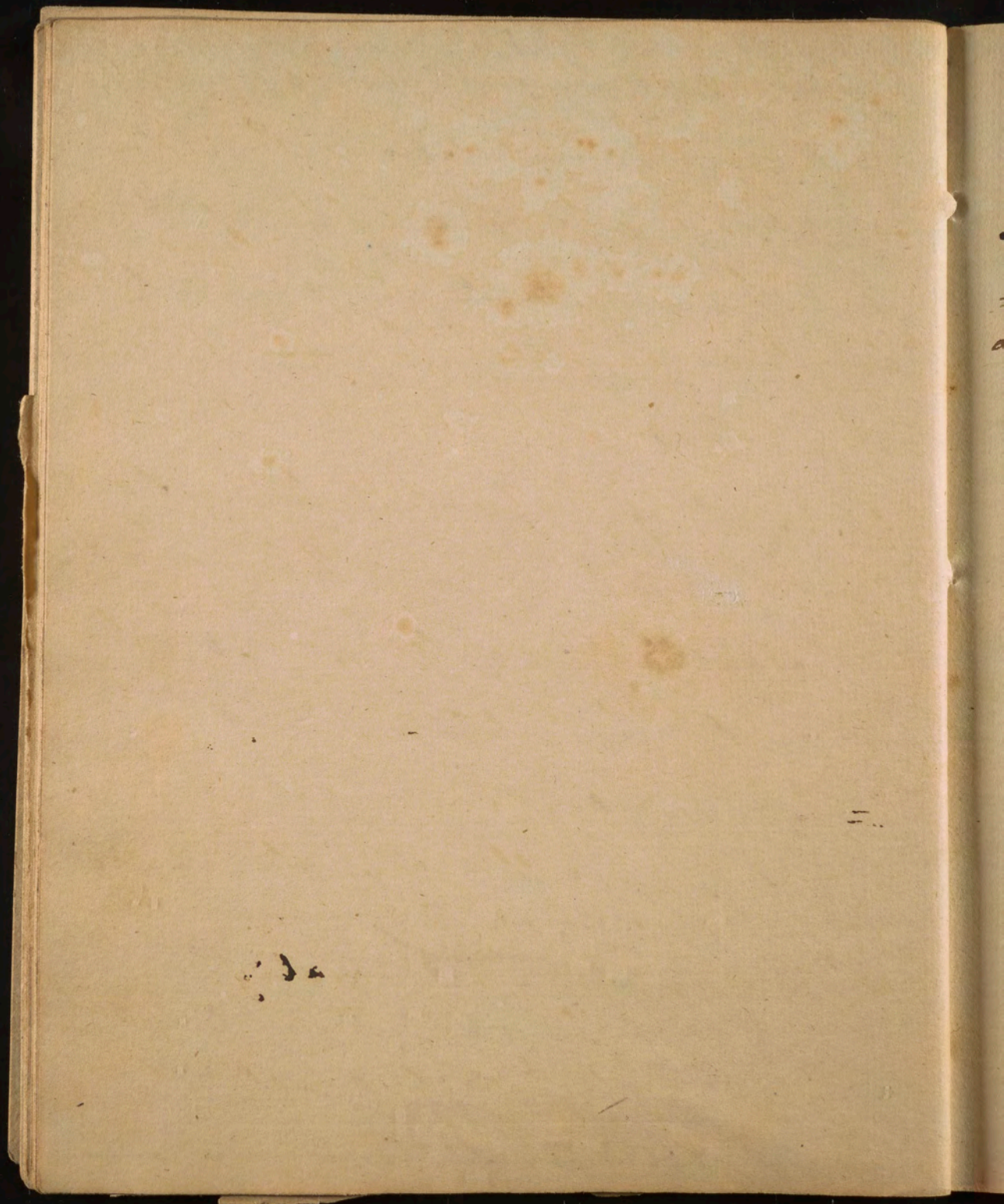
[The many nations
~~the diseases~~ ^{live} upon fish alto-
 -gether. Some from necessity, — as the
~~northern~~ nations who inhabit the
 regions of the north where ~~the~~ a deficiency
 of vegetable food ~~for~~ ^{raise} ~~animal~~ ^{animals},
 difficult to support ~~animal~~ ^{and}
 to support life, — ~~from~~ ^{from} other from
 indolence, as the nations of Africa
 where the enervating heats indispose
 the natives to the labor of raising



provisions by cultivating the earth,
and some from religious temples,
particularly a certain sect of Christi-
-ans who suppose it very absurdly
that our Saviour eat no other kind
of animal food.

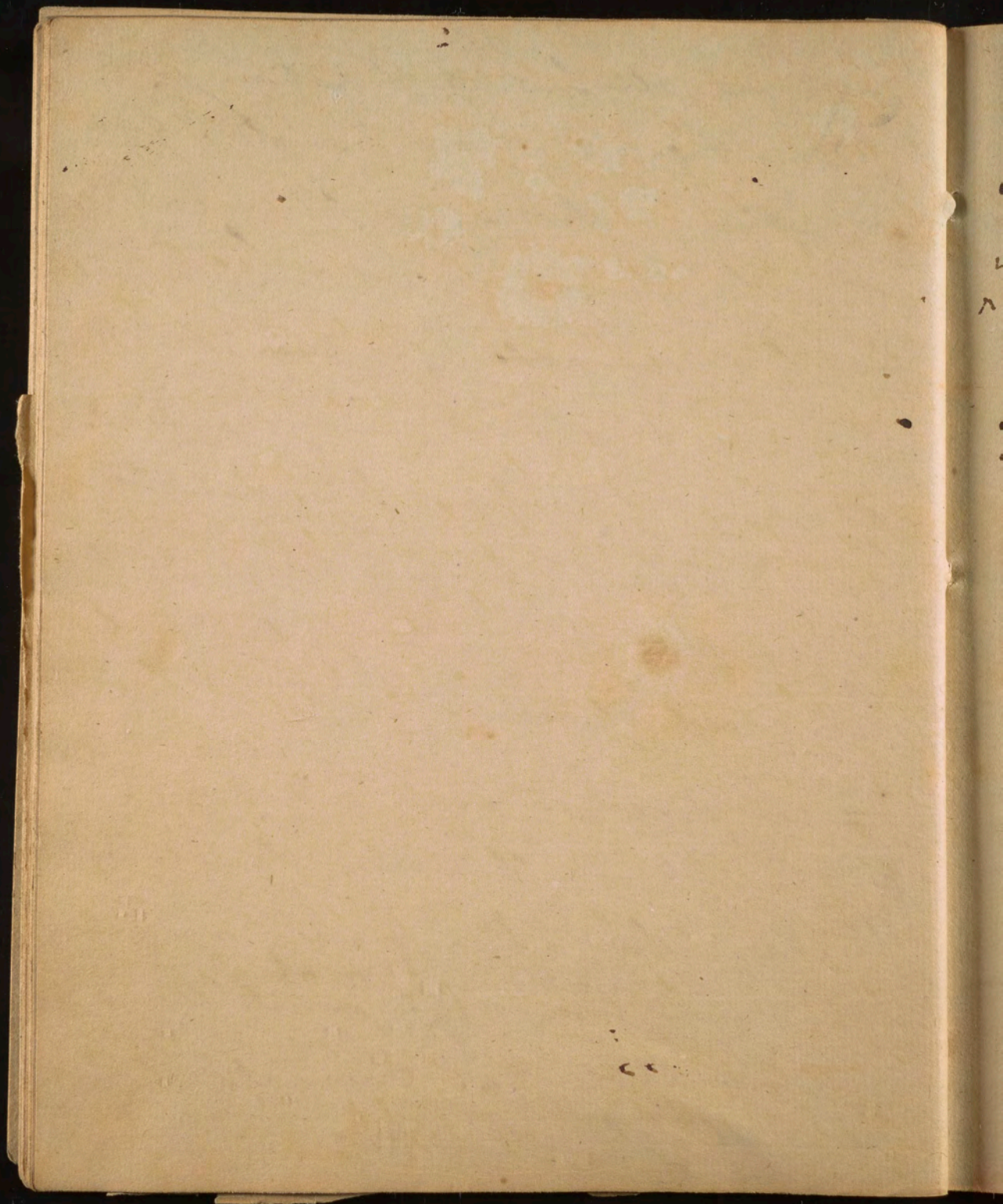
Fish contains but little nourish-
-ment, and hence men become weak
who eat nothing else. It is said to
open the universal appetite - & hence
the Advantage of making it the prin-
-cipal part of the Diet of Gunnarick
monasteries. ^{By a wise provision of the}
church of Rome it ~~is the~~ composes the
diet of Lent in all Catholic Countries.

[It were to be wished that this institution
of prevailed in all Countries, and



among all Suts of Christians. The
 Advantages of it are twofold. ¹ It
 supplies a wholesome aliment du-
 ring that Season in which Animals
 afford the wholesome food ^{land}
~~are~~ ^{not} last agreeable - for ² then it is then
 their ² ~~resting~~ ^{by} time, and it affords
 Aliment of the least stimulus to
 man at a time when he is most
 disposed to excessive or unlawful
 venereal pleasures. I

= The diseases from a diet ^{wholly} of fish
 are the Itch - a Change in the color of
 the Skin - Lice - the Leprosy - malignant
 Ulcers - and fevers of a ^{malignant} kind. It
 is remarkable that Animals which
 feed on fish - afford a remedy, and



fined fat - unpleasant milk - and
fatted disagreeable flesh. — The Roe
of fish is the most apt to produce these complaints.

The Diseases of a diet consisting
wholly
of animal ^{food} ~~diet~~ alone are fatted
Sweats and Urine - Itching in the

skin - Leprosy - Dysentery -
malignant & hectic

putrid fevers - hemorrhages - and

the Scurvy. That ^{flesh} animal food alone

will produce the scurvy was proved
in this country the year before last.

A number of American & British

Soldiers were driven suddenly into a

fort where they had nothing to eat

but fresh meat for several weeks,

They ate ⁱⁿ consequence of which
they all became highly scorbutic.

✓ Animal food produces these effects according
as animals are herbivorous or carnivorous.
The last one ~~is~~ ^{is} most disposed to the
diseases ^{as} have been mentioned. Old animals
more apt to produce them than young - having
more completely put off ^{of} ~~the~~ ^{vegetable} nature,
~~animal food affects the body more~~
~~or less according as it grows on~~
and become more completely animalized,
from having stronger digestive & chyliferous
organs. ‡ It is more probable it was forbidden
in order to prevent the Jews eating with their neighbours
and ~~thus~~ ^{contracting their} ~~contracting their~~ ^{heathenish} ~~plagues~~ ^{plagues}. Both!
These appear to be a natural
difference between the effects of the flesh of
domestic & wild animals in producing
diseases. The Indians ~~and~~ ~~are~~ are exempted
from all the effects the diseases I have
mentioned while they live exclusively
upon venison, & I have heard an intelligent
Indian Trader say he had lived 6 years
upon Buffalo flesh & water in the northern
parts of Canada, in perfect health. Dur-
ing the whole time he never longed for
a change in his diet, nor any other food.
~~make~~ ~~add~~ that he had known several

This fact was communicated to me
by Dr Morgan who was ^{they} surgeon to
the troops that were confined in the
fort. ~~Boots~~ ✓

Different kinds, & different parts of
animals produce all these diseases in
different degrees & in different times.

Pork and
Meats especially fat are most apt to
produce them soon & in the worst degree.

Some Divines & pathologists tell us it
~~was~~ ^{is} because Hog-flesh possessed

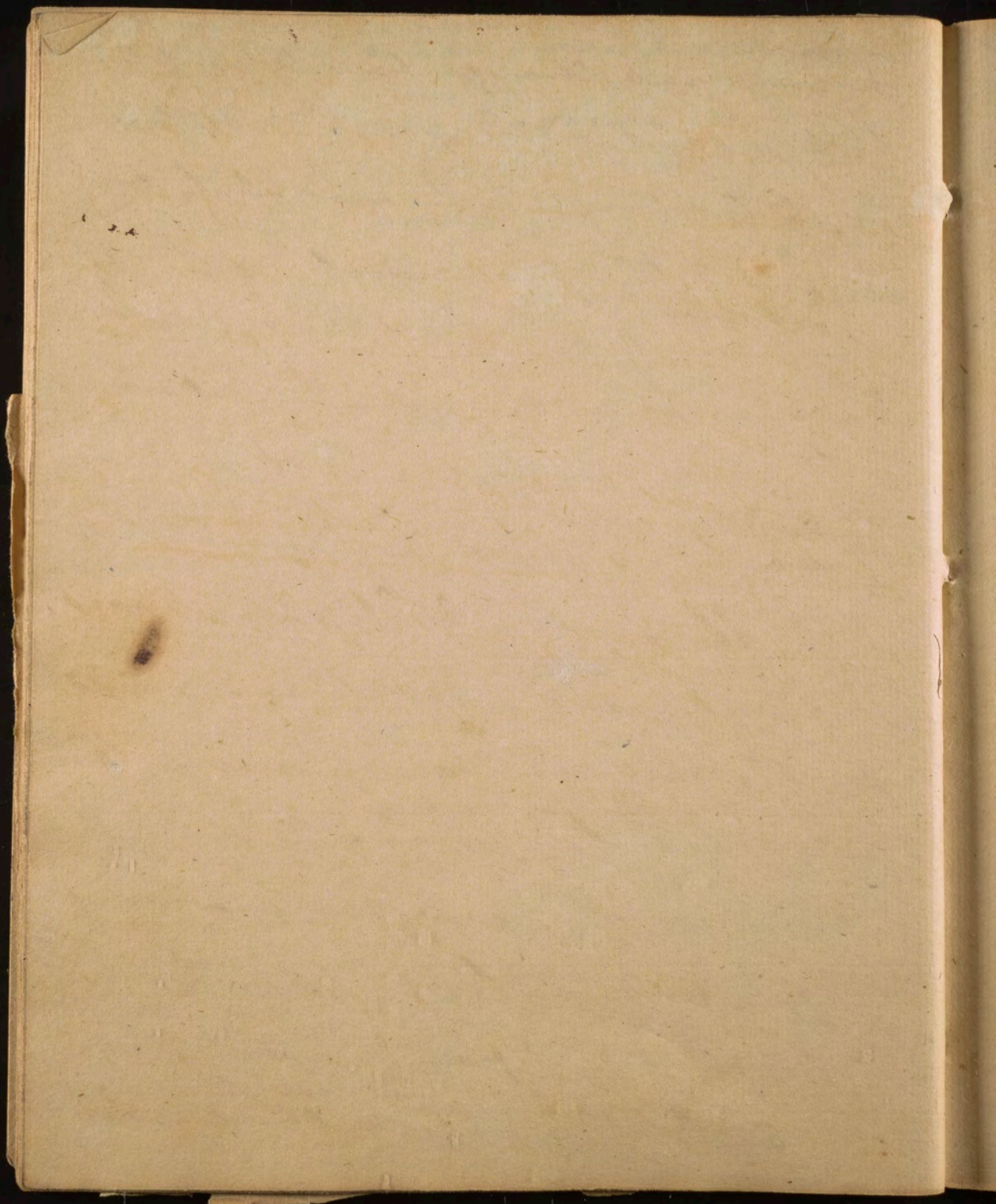
those qualities in so high degree that
it was probably forbidden to the

Jews. All its unwholesome qualities
were increased by the heat of the

climate of ancient Judea. ^{But it has}
proved not to produce those effects in climates equally warm.
In reviewing the history of
Europe during the ^{two or three} last centuries

Canadians who had lived 30 years in
good health upon the same simple
~~India~~ diet. The Country around the
place where they lived was so barren
as not to produce a single vegetable, &
they were too remote from the settlements
in Canada to import them. Their health
Strength on wild than ^{Domestic Animals}. The Indians excel the
white people in activity, but not in strength. easily overpowered.
again - Animal food - produces diseases when
too much exercised before it is killed, or kept
till it is putrid after being killed. Of the bad
effects of the former, there occurred a ve-
-larscholly proof some years ago in New-
-Hampshire. A farmer who had overworked
an ox in the time of harvest killed him, &
sent him to market. Of 24 persons who ate
of him, 15 died of Stomach & Bowels complaints.
turn back to = p. 174

we are struck with 175
a material change has taken place
both in diet & diseases. — Before
the 15th Century, fish and flesh con-
stituted the principal parts of
the ^{Diet of the} inhabitants of all the European
Nations. Since the numerous accounts
we read in the history of those times
of ~~the~~ ^{the plague,} the diseases of the skin particu-
larly the Leprosy & Elephantiasis.
many hundred hospitals were erected
for the exclusive uses of persons labor-
ing under ^{the two last of} those diseases, & many thou-
sand persons in many Nations were
imprisoned in them. With the revival
of learning - religion & liberty in
the 16th Century, ^{an new Era was} ~~Agriculture was~~



opened in Agriculture, and the ~~former~~ ^{vegetable}
 productions of the earth began to
 constitute a ~~part~~ part of the food of
 man. From this time those ^{fatal} loath-
 some diseases ~~of the kind~~ ^{it} began to
 decline in Europe, and is very re-
 markable, that in proportion as
~~the~~ ^{abundant} vegetable ~~productions of the land~~ ^{has been}
 increased by Agriculture & Horticul-
 -ture, these diseases have gradually
 disappeared, so that at present they
 are hardly known in any of the civili-
 -zed parts of Europe. For a number of
 curious facts on this subject, I refer
 you to the notes in the 1st vol: of Dr
 Robertson's Charles the Vth. —

and first I shall remark that
a sudden change from animal
to veget. diet is productive of disease,
from the gastric juice becoming from
the fluids which form it like the
gastric juice of Carnivores
Animals which acts best fully
on Vegetables.

of the ~~Diet~~ ^{effects} of vegetable diet.

Many nations have lived, ^{and} ~~and~~ ^{many} still live wholly on vegetables.

These nations inhabit ~~the~~ inhabit temperate or warm latitudes, and use but little labor or exercise.

[Vegetables differ in the degree of nourishment they afford. The function afford most. They consist of two parts viz a glutinous, and a Starch like substance. The Gluten of wheat, and several other grains is supposed to approach near to animal food. It resembles the coagulable part of the blood in some of its properties.

Fruits and roots are nourishing

v Green and fruits corrode the teeth,
and ripe fruits often produce Dysentery
& Colic morbus. - The Stones of fruits
swallowed produce Colic - and death.

U The monks it is said when they
begin to feel the effects of their reduced
Diet, are more greivous than
at other times. - After the Diet has
been continued a good ^{while,} ~~while,~~ it ~~restores~~
tranquillizes the temper.

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in proportion to the quantity of Inger
they contain.] ✓

a Veg. diet has the following effects on
the mind - It ^{improves the temper &} produces mildness.

Notwithstanding Nations & many in-
dividuals have enjoyed good health on
a diet simply vegetable, yet in general
it produces the following diseases.

1 Hemiplegical weakness, & at first exten-
sibility of body & irritability of mind. ✓
2 ~~Convulsions~~ Dropsical swellings especially
Anasarca.

3 Dyspepsia, ^{the} all its symptoms of
flatulency - acidity - Dysenteria &c.

4 Dysentery. Herodotus relates that
the army of Xerxes in retreating from
Greece were affected with this Disorder
from ~~and~~ living wholly on grain.

5 a Deficiency of the Ven. ^{use.} Appetite.

the exclusive use of veget^{ables} for food
✓ ~~superstitiously~~ recommended, it is
not only more favourable to ~~man's~~
health, but to morals & religion. They
are differently ~~viewing~~ as they ~~could~~ ~~be~~ more or
less. It lessens the heat of the human
body. The Acrelia, least-fruits
body. The Black merchants who live
most fruitful.
in India, are remarkable for always
having cool hands.

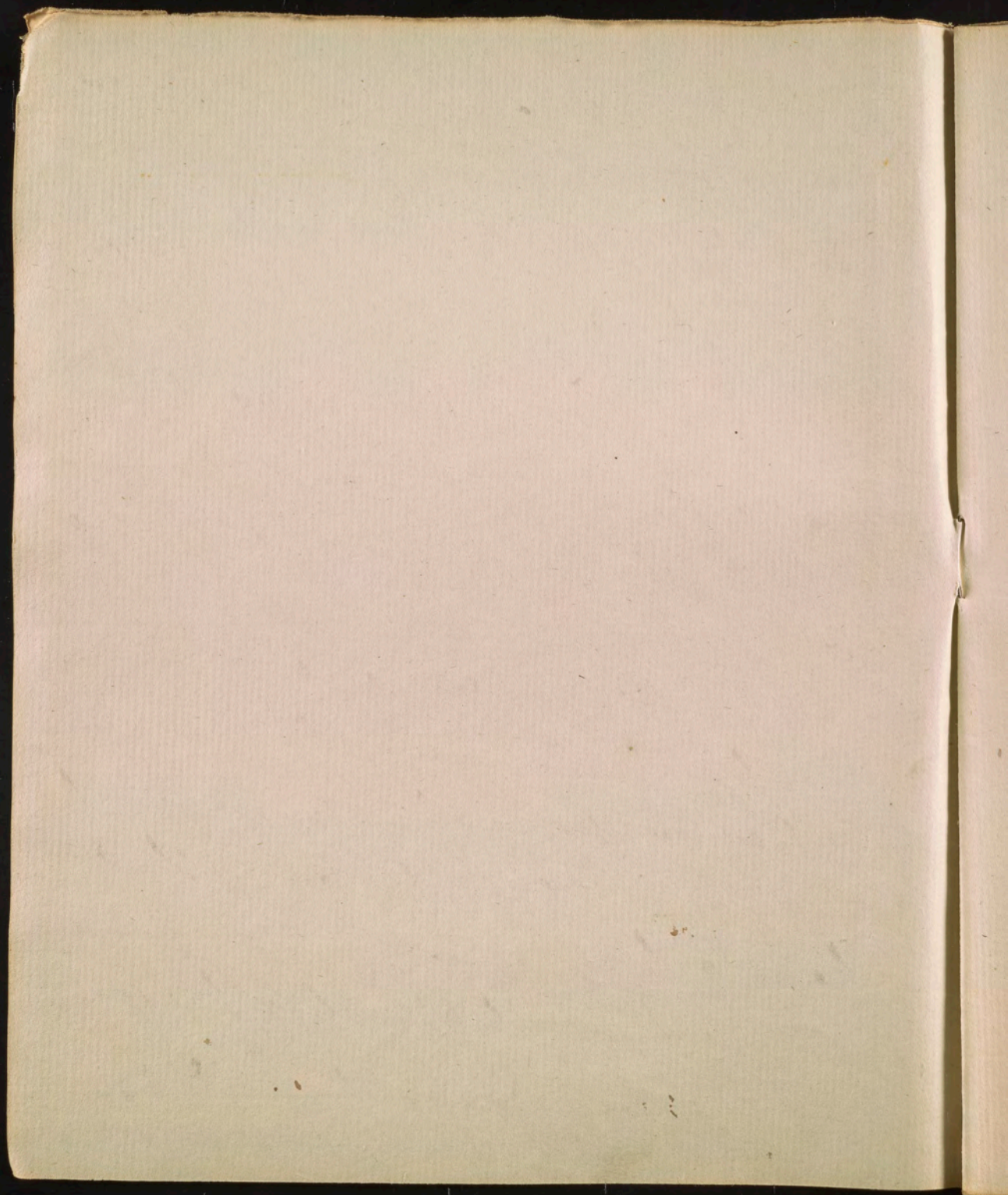
7 It lessens the fire ~~as to~~ ~~loss~~ of the
human body. Bonow says the Chinese
who live chiefly on vegetables are of a "flender
habit of body" of a "pale appearance,
& not having the blush of health". "No
eye has seen such scare crows" as
Lialstaff says. turn over to V =

This Dr Waller says he experienced after
having ^{lived} for some time exclusively upon
Vegetables. It appears still more evident
from the experiments made by Dr Fiske
upon himself.

6 a Diet exclusively vegetable lessens the
heat of the human body. The black men
-ments who live in India, and who
live only upon vegetables are remarka-
-ble for always having cool hands.

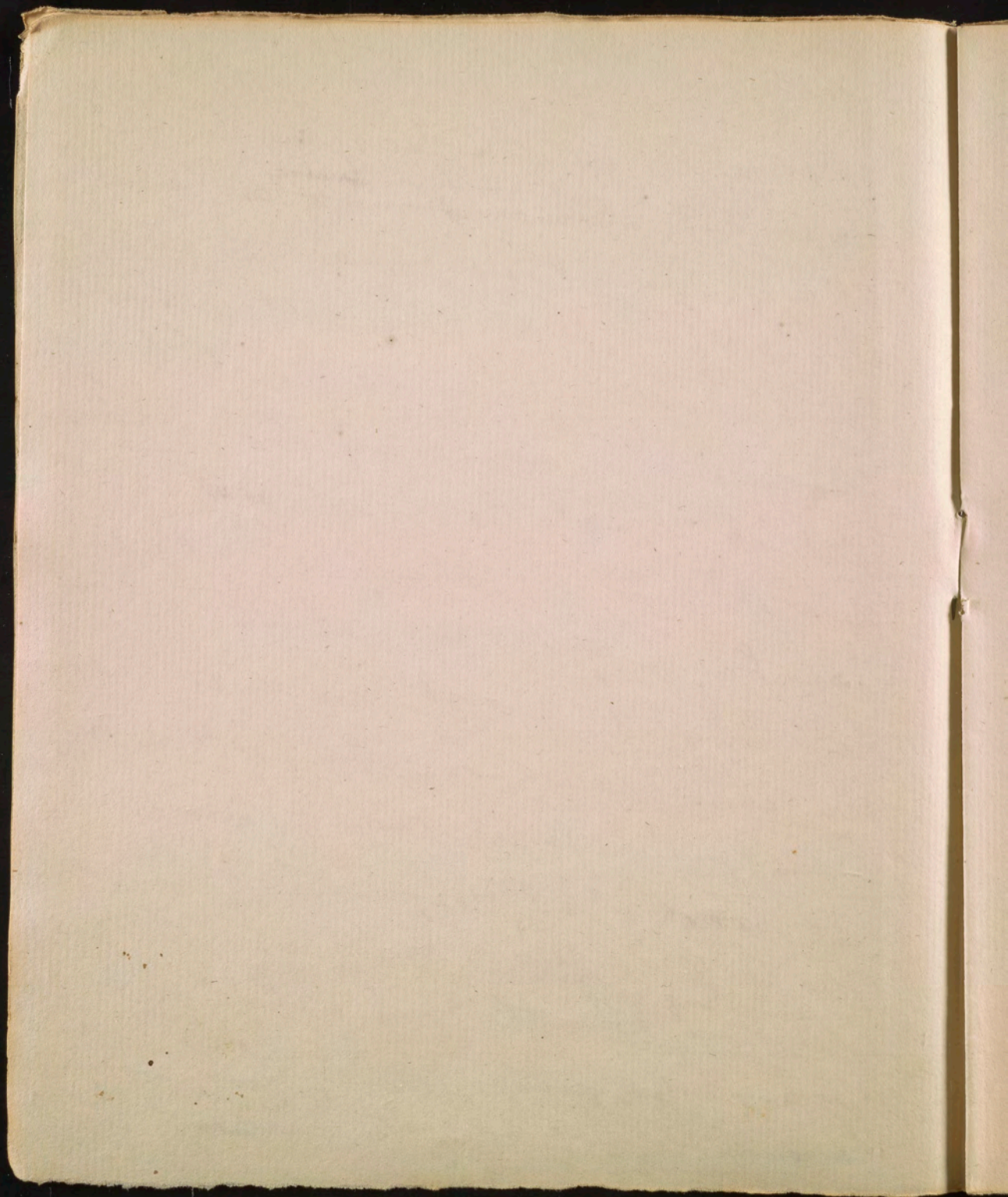
7 It lessens the size of the human body.
Mr Barrow tells us the Chinese who live
chiefly upon vegetables are of slender
habit of body, of a sickly appearance,
and have not the blush of health."

"no eye" he adds in the words of
"Falstaff in Shakespear", has ever seen



such Scarcities!"

Besides the effects of vegetables used exclu-
sively in diet, ^{that have been} ~~that have been~~ ^{been men-}
-tioned, some of them produce peculiar
and specific ^{morbid} effects. Thus Cabbage brings
on indigestion, - beans are flatulent,
Chesnuts when eaten green bring on men-
-tal debility. The last Article, ^{constitutes} ~~of~~ the
Diet of the poor people in France at a cer-
-tain season of the year, at which time
Cabanis tells us the priests complain
they are universally dull & slow of
Apprehension to religious instruction.
many ~~sorts~~ of the diseases that have been
ascribed to the Use of vegetables were very
common ^{in England}. After the publication of Dr Sydenham's
works, who recommended their Use as
favourable not only to ~~health~~ ^{healthy}, but
to



moral & religious. The convents to his system
were known every where by their pale
faces, and were often pointed out in
company as ^{or} vegetable men.

Vegetables produce diseases arising
as they ^{are destitute of} ~~contain~~ more or less nourishment.
The Cornalia, or grains are least unwhol-
some when eaten alone, and fruits the
most so. They are most apt to disorder
the stomach and bowels.

Sometimes all the different kinds of
grains, roots and fruits ^{contract} an unwholesome
quality from the weather particularly when
it is unusually wet or moist, and ^{this} spread
disease over whole cities & countries. Dr
Tourtelle mentions an Epidemic in France
in the years 1749 & 1759 that was induced

V In the report of the diseases of the
Westhaven Dispensary in England which
I lately rec^d from my contemporary at
the College of Edin^g: there is an account of
an Epidemic dysentery induced by eating
potatoes dug prematurely in order to pre-
vent their being destroyed by an unusual
fall of rain.

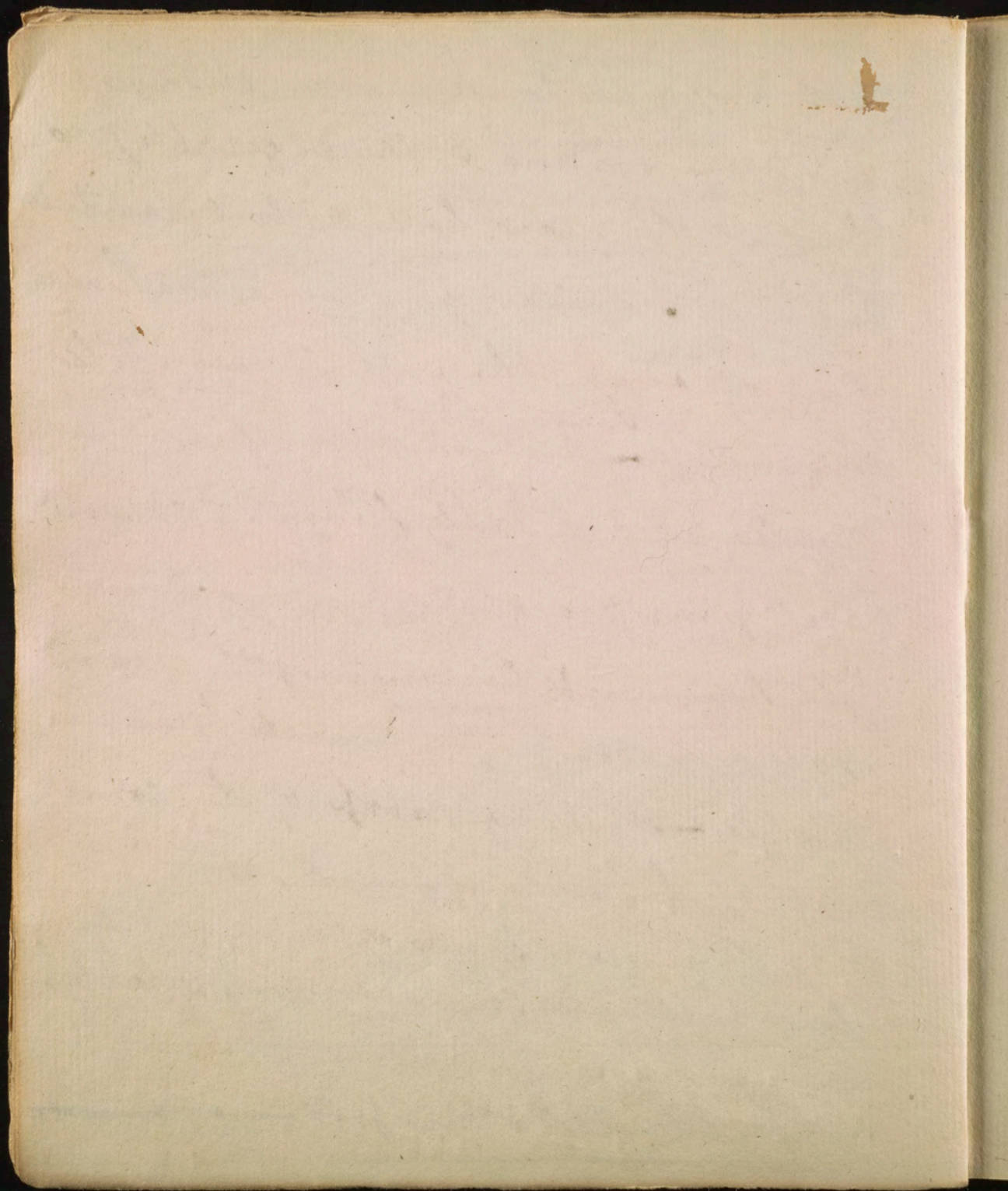
I have suspected that the spotted fever which has lately prevailed in the Eastern States is the offspring of unwholesome air ^{It arises usually at} - some altitude. The atmosphere ~~is~~ ^{is} in those seasons in which there are ~~no~~ ^{is} no morbid matters floating in the air.

by two successive crops of Rye that had
been wetted & which putrefied in its husk.
It produced convulsions & sudden death
in many cases, and a disposition to what
the Dr calls a dry gangrene in the limbs.
The wheat is liable to many diseases
which show themselves in a variety
of forms in the human body. Many
facts upon this subject are taken notice
of by Dr. Fluxharn in his epidemics,
and some are mentioned by Dr. Sydenham
in his treatise upon the diseases of
minors. ✓ A whole family in Chester
County ^{in this State} was made sick by eating bread
made of wheat that had been damaged
by the wet weather in the year 1864.
In the history of the weather & seasons,

V The plentiful seasons ^{in fruit} the Rev D Spru-
-berg ~~info~~ of Lancaster ~~in this state~~ informed
me after 30 years observation, occurs every
4th year. ~~They are~~ in Pennsylvania.
They are preceded by two moderate years
and succeeded by a scanty year. The
Summer and Autumn of 1810 & 1811
verified this observation. Fruits of
all kinds were abundant in the former
& scanty in the latter year.

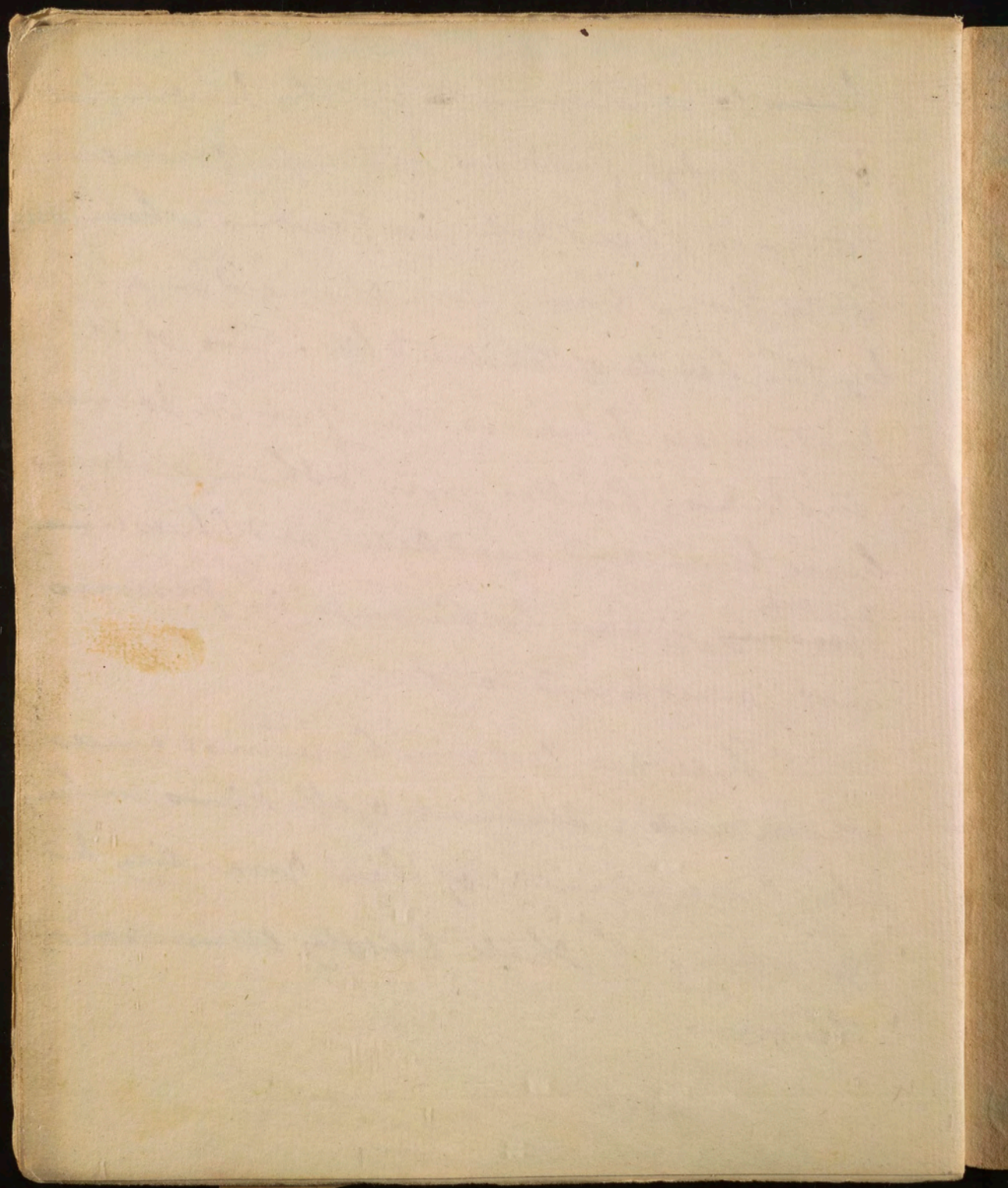
it is of great consequence always to
know the nature of the vegetable pro-
-ducts of the year both as to quality &
quantity. • Their influence upon health
did not escape the poet Virgil. He
comments ^{Summer &} Autumn fruitful in
Apples, with a richly season. His words
are "prouisio grane tempus Anno".
The Summer & Autumns of the year
1804 and 1820 in ^{some of} the ~~United~~ States fur-
-nished striking proofs of the conse-
-quences of the poets remark. ✠

There is one species of Aliment which
belongs neither to Animals nor Vegetables
which sometimes induces disease, &
that is Milk. This food in ~~its simple~~



~~But~~ so wholesome in the simple state
of the body, produces sickness, & other con-
-ditions, & head ache, in persons whose con-
-stitutions have been changed in a degree
by the habits of civilized life. Two of its
products are likewise hurtful in some
instances. Butter now & then produces
heart burn and head ache, and Cheese ^{is} ~~is~~
^{apt to} ~~usually~~ induce costiveness in persons
not accustomed to it.

There are certain circumstances
which render Aliments of all kinds unhealth-
-fuly independantly of their quantity &
quality, I shall briefly enumerate
them.



Animal

V A sudden Change from ~~Vegetable~~
to veg. or veg. to Animal food is
productive of Disease, in the former
Case from the gastric juice becoming
so changed by the fluids which furnish
it of the same nature as the gastric
juice of ~~gastric juice~~ Carnivorous
Animals. ^{It} we know acts but feebly
upon Vegetables, & in the latter
Case from the gastric juice being
so changed by the veget. matters that
from it as not to act upon ~~an~~
Animal food with its usual ac-
tivity & effect.

